

# What's on the Menu?

Rochester Community Schools

High School Menu

December 11-15, 2023

A full student lunch includes a choice of entrée supplying protein and grain,  
2(1/2) Cup vegetable side dishes, 2 (1/2) Cup fruit side dishes, and a choice of 1% white or chocolate milk.  
A student must select a 1/2 cup serving of fruit or vegetable to make a complete meal or a la carte pricing will be applied.

\*This institution is an equal opportunity employer.

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Available Daily: Favorite comfort foods and international flavors served your way</b>					
<b>AMERICAN CLASSICS</b>	Pulled Chicken Tikka Masala Mango Chutney   Brown Rice Seasoned Peas WG Dinner Roll  Fresh Cilantro	Taco Turkey or Beef WG Soft Taco or Nacho  Queso Blanco, Beans Cilantro Brown Rice   Fresh Pico De Gallo Fresh Cilantro	Brunch for Lunch   WG French Toast w/ Syrup Scrambled Eggs or Turkey Sausage Patty and Tater Tots  Homemade Apple Crisp	Popcorn Chicken Bowl WG Breadstick  Seasoned Corn  Mash Potato w/ Savory Gravy  Fresh Scallions	  Enriched Rotini Pasta with Alfredo and Diced Chicken  Green Beans WG Breadstick  Roma Cheese Blend
	<b>Available Daily: Chicken Patty Sandwiches and Classic Hamburgers</b>				
<b>grilled</b>	Nashville Chicken Sandwich  Potato Wedges	Chicken Wings w/Soft WG Pretzel  Waffle Fries	Mini Corn Dog Nuggets  Tater Tots	Grilled Cheese Sandwich  Sweet Potato Tots	Cheese Sticks w/ Marinara  Potato Wedges
	<b>Available Daily: Classic Whole Grain Cheese Pizza</b>				
	Pepperoni Pizza	Pepperoni Pizza	Bosco Sticks w/ Pizza Dipping Sauce	Pepperoni Pizza	Sausage Pizza
	<b>Available Daily: Made fresh to go</b>				
<b>ON THE GO</b>	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich	Fresh Deli Sandwich
	Fruit and Yogurt Parfait with Homemade Granola	Fruit and Yogurt Parfait with Homemade Granola	Fruit and Yogurt Parfait with Homemade Granola	Fruit and Yogurt Parfait with Homemade Granola	Fruit and Yogurt Parfait with Homemade Granola
<b>Available Daily: Cold fruit and vegetable bar, featuring fresh seasonal produce including local items</b>					
<b>extra. extra</b>	Three Bean Salad  Cucumber Coins  Celery Sticks  Chilled Mixed Fruit	Three Bean Salad  Cucumber Coins  Celery Sticks  Chilled Mixed Fruit	Romaine and Spinach Salad Cherry Tomatoes Baby Carrots Seasonal Fresh Fruit	Romaine and Spinach Salad Red Pepper Strips Baby Carrots Chilled Pineapple	Power Peas Red Pepper Strips Baby Carrots Chilled Pineapple

**Questions?** Food Service Office 248-726-4618

Food Service Director Marsha Dziewit

Assistant Directors Tamara Brazelton and Marci Flaherty

\*Make Checks Payable to RCS Foodservice.



